

# Newsletter No 7, 2023

We acknowledge the Jarra people of Dja Dja Wurrung country, the traditional owners on the land we live on, and pay our respects to their Elders, past, present & emerging.



## Thursday 16<sup>th</sup> March 2023

**Purpose** of Camp Hill Primary School is to develop and nurture lifelong learners within an engaging, global learning community, where the uniqueness and contributions of individuals are valued, shared and celebrated.

Following are the **core values** in which we strongly believe; they underpin our purpose and are the guiding principles of our school.

**Caring:** Being kind, helpful and sympathetic toward other people.

**Honesty:** To always tell the truth.

**Confidence:** Believing in yourself and others.

**Respect:** Recognising the rights, feelings, wishes and individual differences of others through our speech and manners.

**Trust:** Safely express opinions, beliefs, thoughts, and feelings in a secure environment.

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## Calendar 2023

<b>Monday</b>	27 <sup>th</sup> February – 27 <sup>th</sup> March	JETS Gym – Grades 1-6
<b>Friday</b>	17 <sup>th</sup> March	Breakfast Club from 8:10am – 8:30am Assembly 3pm – ALL Welcome
<b>Tuesday</b>	21 <sup>st</sup> March	Harmony Day – Cultural Clothing Day School Council AGM & General Meeting 5:30pm Tennis Clinic – Grades 3/4A, 3/4B & 3/4D
<b>Thursday</b>	23 <sup>rd</sup> March	Parents & Friends Community Fun Night 5:30pm – 7:30pm Book Club orders due
<b>Friday</b>	24 <sup>th</sup> March	Breakfast Club from 8:10am – 8:30am Assembly 3pm – ALL Welcome National Ride2School Day
<b>Tuesday</b>	4 <sup>th</sup> April	Easter Raffle drawn School Cross Country - Grades 3-6
<b>Wednesday</b>	5 <sup>th</sup> April	Rainbow Food Face Day Tennis Clinic – Grades 3/4C
<b>Thursday</b>	6 <sup>th</sup> April	JSC Fundraiser – Free Dress. Gold coin donation towards RSPCA LAST DAY TERM 1 – Early Dismissal 2:30pm Bulb Fundraiser – Online orders CLOSE
<b>Friday</b>	<b>7<sup>th</sup> April</b>	<b>PUBLIC HOLIDAY - Good Friday</b>
<b>Monday</b>	24 <sup>th</sup> April	Term 2 Commences

## PRINCIPAL'S REPORT

### Sleep Health for Students

Dear families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12 to 15 year-olds and half of 16 to 17 year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for Primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel.

### National Ride to School Day

Camp Hill is excited to be celebrating National Ride2School Day on Friday 24 March 2023.

National Ride2School Day is the perfect opportunity to establish new healthy habits and promote the many benefits of active travel.

On Friday 24 March, we encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go.

For more information about the day and its benefits, search National Ride2School Day.

### School Council Annual General Meeting

Just a reminder the School Council annual general meeting will be held next Tuesday 21st March in the staffroom, commencing at 5.30pm. Parents and carers are most welcome to attend.

### Dad joke of the week

What type of Doctor is Dr. Pepper? He's a Fizzician...

*Chris Barker*

*Principal*

## ASSISTANT PRINCIPAL

Be an Attendance HERO...

HERE EVERYDAY READY FOR LEARNING ON TIME

Student absence data for TERM 1

### Early Bird Awards

Congratulations to **Foundation B, 1/2C, 6A & 6B.**

You were the grades with no late arrivals this week.

Early Bird champions – well done and it's great to see the senior grades leading the way.

This is a fantastic effort 😊

### 100% attendance for Week 8

This week there were **247** students who had 100% attendance this week – another great effort!

Well done to **Marley N** from **1/2B** who was the Attendance Hero champion for this week.

Who will it be next week?



<b>Total number of student absence days Term 1</b>	257 days
<b>Current school absence rate Term 1</b>	0.92 days per student
<b>School absence rate target for 2023</b>	10.00 days per student (2.5 days per term)
<b>Number of times students arriving late to school this week</b>	14



*Trish Johnstone*  
*Assistant Principal*



## WELLBEING MATTERS

### Resilience

Resilience ... it's a familiar word, isn't it? But what does it really mean?

Resilience is the ability to cope when things go wrong. It's a child's ability to cope with ups and downs and bounce back from the challenges they experience during childhood. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.

As a parent or Carer, you can help to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

- build good relationships with others including adults and peers
- build their independence
- learn to identify, express and manage their emotions
- build their confidence by taking on personal challenges

Parents play a really important part in their modelling and approach during stressful times. Children learn and take cues from the adults around them. Being mindful of how we approach stressful situations and the skills we use to resolve challenges is essential in helping our children develop resilience. Parents can also play an active role in supporting children during stressful times by facilitating problem-solving steps to work through situations positively. Over time, these skills can then be developed by the child, so they are able to resolve difficulties more independently. Talking about what happened afterwards can also help to reinforce the learning and remind the child that things can turn out okay even when it's been a bit stressful.

For more information and resources;

<https://www.kidsmatter.edu.au>

<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>



## RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS (RRRR)



### Topic 2: Personal Strengths



During Topic 2 or our RRRR program, students will develop the vocabulary to help them recognise and understand strengths and positive qualities in themselves and others. They will use this language to help them discuss personal, social and ethical challenges.

**Discussion points for at home with your child:**

- What does being brave look like?
- What are some of your personal strengths?

**Activity to practise with your child:**

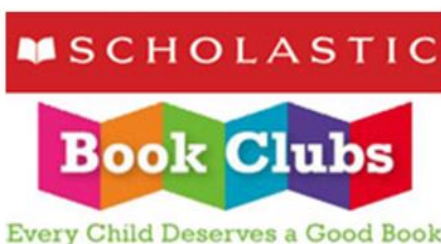
#### **Foundation-Grade 3**

Discuss with your child a strength they would like to improve on (honest, fair, caring etc.) and ask them to draw a picture of them doing things that will help them improve this strength.

#### **Grades 4-6**

Provide students with a journal in which they record a strength they have practised, when they practised it, whether it helped, and (if so) in what way. Encourage them to identify the strengths they use regularly. Have them choose a new strength each week to practise and evaluate, then progress at the end of the week.

## LIBRARY



**BOOK  
ORDER  
DUE:**

**23 / 3 / 23**

**PLEASE ORDER & PAY VIA THE LOOP**

## FUNDRAISING

### Bulb Fundraiser

It's that time of year to start ordering BULBS ☺ Camp Hill PS has a fantastic opportunity for families and the whole community to place orders online and the school will receive 40% commission of ALL bulbs sold. What a great fundraiser - so tell one, TELL ALL. Postage is \$6.50 - straight to your home (NOT SCHOOL) as soon as you place your order! Orders are available until Thursday 6<sup>th</sup> April, 2023.

Online orders to: [www.bulbfundraiser.com.au/CAMPHPS](http://www.bulbfundraiser.com.au/CAMPHPS)

**We have currently raised \$273.80**



### Easter Raffle



The annual Easter Hamper Raffle is here again. In order to fill several hampers, we are seeking donations from all Camp Hill families. For example: good quality chocolate (Easter eggs or rabbits), as well as Easter novelties such as soft toys, baskets, Easter cards, stickers etc.

Please send your donation to school as soon as it is convenient, so the hampers can be put together.

Easter Raffle tickets will be sent home TODAY to each family. Additional books are available from the office. Money can be paid on QKR or in cash to the office. ALL sold tickets must be returned. Thank you for your supporting this fundraiser.

*Parents and Friends Group*





## PARENTS AND FRIENDS

### Community Fun Night

CHPS Parents and Friends invite the school community to a Community Fun Night

Location: CHPS lower small turf area. Please bring a chair or picnic rug.

Free Sausage Sizzle or BYO picnic

Live Music, Dance Competition, Face Painting, Footy Handball, Basketball Shootout, Paper plane challenge. This is an alcohol free event, no alcohol permitted on the school grounds.

### Camp Hill Parents & Friends Parent Classroom Representative

*Have you been wondering how you can be involved in 2023?*

**Parent Rep** positions for all classrooms are now being filled, does this sound like you?

As the Parent rep of a classroom, you can assist with promoting school activities, coordinate parent helpers for Friday lunches & school events, arrange informal class gatherings, help build positive community spirit across our school.

The role of the Parent Rep is to generate a strong, positive community spirit amongst parents, carers, teachers, and children at our school. Each class will have a Parent Rep or can be shared with another parent which is an informal position and not meant to be an arduous task.

You will be supported by Kerry Noonan, P&F Parent Rep Coordinator, and other classroom reps.

If you are interested, please complete a P&F membership form, forms available on Sentral or at the office. Kerry will be in contact or for more information talk to the office staff.

You can also simply become a member only of P&F. We would love to see it grow in 2023.

Complete the membership form and a P&F committee member will make contact with you, this may include attending fun community events and participating in a fundraiser or two during the year, no committee meetings or time required before or after activities. Speak to the office staff or P&F committee.



CHPS  
Parents & Friends  
Present.....

**COMMUNITY  
FUN  
NIGHT!**

MUSIC

FACE PAINTING

THURSDAY 23RD OF MARCH  
5.30-7.30PM

FREE SAUSAGE SIZZLE!

BASKETBALL  
SHOOTOUT

DANCE  
COMPETITION

IF YOU WANT...  
BYO FOOD, CHAIRS/  
PICNIC BLANKET

A vibrant, abstract illustration of a person with multiple faces and limbs, rendered in a collage style. The figure is holding a guitar and has musical notes and arrows around it, suggesting a dance or music theme. The colors are bright and varied, including red, blue, yellow, and green.

## BOSHC

This week at BOSHC we have been enjoying getting back to nature and creating some amazing art projects with natural products you can see some of our creation below. We also continuing to enjoy choosing our own music and activities where the children have used the music as inspiration to create some dance routines.

For further information please contact Simon or Jamie on 0409 549 493 or email [oshc@camphillps.vic.edu.au](mailto:oshc@camphillps.vic.edu.au)

*Simon & the BOSHC Team*



## OSHC

At OSHC children have been doing some nature based craft activities this week, with some craft creations and also enjoying some time with nature.

This week our Legends of the Week are:

**Aron:** For always demonstrating, kindness, care and compassion for other children.

**Lexi:** For continuing to show exceptional leadership, through supportive and caring for all at OSHC.

For Further information please contact Simon or Jamie on 0409 549 493 or email [oshc@camphillps.vic.edu.au](mailto:oshc@camphillps.vic.edu.au)



*Jamie, Simon & the OSHC Team*

## JUNIOR SCHOOL COUNCIL

The Junior School Council is holding a fund-raising project for the RSPCA on Thursday 6<sup>th</sup> April (last day of Term), so on that day please dress up as your favourite animal or wear casual clothes. Please bring a gold coin donation or you can donate on the QKR app. Thank you!



## MUSIC LESSONS

**Interested in your child taking piano or guitar lessons?**

### Piano

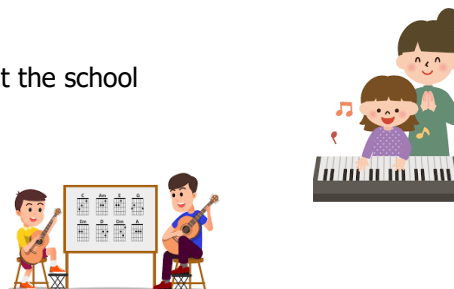
Contact Kathleen Gee for piano lessons on 5432 2266 who will be working at the school on Tuesdays & Wednesdays.

### Guitar

Mr Shannon Millard will be teaching guitar lessons on Thursdays and can be contacted

via email for more details. [Shannon.millard@mhs.vic.edu.au](mailto:Shannon.millard@mhs.vic.edu.au)

or ph: 0437 252 136



## BREAKFAST CLUB



## FOUNDATION LEARNING TEAM

### Assembly

Parents and carers are welcome to attend school assembly each Friday from 3pm on the turf area. Students can then be collected from their classroom on the bell.

### Harmony Day

Tuesday 21<sup>st</sup> March is our whole school Harmony Day. Students are invited to wear something cultural or alternatively something orange to celebrate all cultures. Please ensure that it is school appropriate and students can easily participate in all activities, e.g. t-shirt sleeves and appropriate footwear.

*Foundation Learning Team*

## 1/2 LEARNING TEAM

### Jets Gym

We have had another great week at Jets Gym. Next week will be our final week of fun. Thanks to our wonderful parent helpers Michelle Nuttall, Anna Matthews, Hollie Ritchens, Premsarini Ramakrishimi and Shane Reynolds.

### Harmony Day

Tuesday 21<sup>st</sup> March is Harmony Day. Harmony Day allows us to celebrate the cultural diversity we have at CHPS. On this day students are encouraged to come dressed in clothing that represents their culture. If students do not have cultural clothing they can wear, they are invited to wear orange. Please keep in mind we have our last Jets gym session on this day, so please wear clothes that can be worn to gym.

### Maths

We have been learning about 2D shapes. Students have enjoyed making and investigating the features of 2D shapes in our classroom.

*1/2 Learning Team*

## 3/4 LEARNING TEAM

### Harmony Day

Children are encouraged to dress in orange next Tuesday to celebrate the cultural diversity of Australia. Most classes have an excursion on the same day to tennis. Could you please pack a school polo and sneakers (if they are not wearing them) so that kids can be in uniform when they leave the school grounds on this day.

*3/4 Learning Team*



## 5/6 LEARNING TEAM

### Hot Chip Day

Students have been undertaking a special challenge in their classrooms around short transitions. We have been timing how long it takes to get ready for learning! If our target is met, we will have a fun filled afternoon in Rosalind Park with hot chips and games! Let's keep working hard seniors!

### Jets Gym

We have continued to build our skills at Jets Gym. Thanks for the parent helpers who have volunteered! We appreciate you taking time out of your day to help us out.





## Planning Week

On Thursday 30<sup>th</sup> March, the Senior teachers will have their planning day. This means that students in the senior school will have specialists for the whole day. Please make sure you wear comfortable shoes on this day.

*5/6 Learning Team*

## VISUAL ARTS

### Senior Art

Grade 5/6 students have been studying the art of Grant Haffner and have learnt how to create an artwork using one point perspective. They have become familiar with terms such as horizon line, foreground, vanishing point, distance, perspective and colour value. They worked hard and nearly all students completed a fabulous artwork they should be proud of. Here are some terrific ones by Inca, Sukhpreet, Maggie, Zen, Fraser, Hugh, Miles and Angie in 6A.



*Sandy McLennan*  
*Visual Arts*

## LOTE

### Foundation

Students learned some vocabularies relating to classroom instruction and they enjoyed playing Simon says game using the learned vocabulary.

### Grade 1 & 2

Students kept developing vocabularies relating to wild animals and they were motivated to learn more vocabulary and loved the group competition.

### Grade 3 & 4

Students learned how to describe the pet they have and can confidently share the basic information about their pets.

### Grade 5 & 6

Students worked on their skit which is about ordering food in a restaurant and celebrating birthdays.

*Yimin Chen*

*LOTE*



## HEALTHY EATING

### RAINBOW FACE DAY Wednesday 5<sup>th</sup> April

On Wednesday 5<sup>th</sup> April, could all parents please send some pre-cut coloured fruits and vegetables to school. Try to find as many different colours as possible.

**At school** students will create a Rainbow Face on a plate as a fun activity. They will have a class display and then eat their healthy food creation.

These foods will take the place of the BRAIN FOOD snack for this day. Here are some ideas of different coloured fruit and vegetables to send:

Red	Purple/Blue	Orange/Yellow	Green	Brown/White
Tomato Red capsicum Radishes Strawberries Rhubarb Cherries Red grapes Raspberries Watermelon Red apples	Beetroot Red cabbage Eggplant Purple asparagus Blackberries Blueberries Purple grapes Plums	Carrots Rockmelon Lemons Sweet potato Pumpkin Pineapples Mangoes Corn Oranges Squash Peaches Nectarines Apricots Grapefruit	Spinach Asparagus Avocados Broccoli Peas Green apples Green grapes Limes Kiwifruit Green beans Lettuce Cabbage Celery Cucumber Green capsicum	Cauliflower Brown pears Mushrooms White peaches Garlic Bananas Potatoes Dates Onions Ginger Parsnips Turnip



*Sandy McLennan*  
*Healthy Eating Coordinator*

## PHYSICAL EDUCATION

### Division Swimming

Congratulations to Amy C from 3/4B and Ben M in 6A for representing Camp Hill Primary School at the Division Swimming Championships. The event was held at Bendigo East Swimming Pool on Wednesday 1<sup>st</sup> March. Both Amy and Ben performed well and were very happy with their individual results at competition level. Thank you to your parents for supporting the event.

### JETS Gymnastics

Students in Grade 1-2 have been participating in the JETS gymnastics program this term! Students have been raving about the program and celebrating their learning/new skills with peers and teachers. Students have increased their understanding and awareness of body control. Students also discussing the importance of balanced landings and dismounts. Thank you to all the classroom teachers for supporting this program weekly, and thank you to the wonderful staff at JETS for teaching our very capable students.

### 3-6 School Cross Country

Our 3-6 Cross Country will be held on Tuesday 4<sup>th</sup> April (week 11 of this term). Location yet to be confirmed. Parents are invited to attend to encourage students during the event. If you are happy to assist as a check point for your child's age group, a staff member will be able to help parents spread out along the track (TBC). Now is a great time to get your children out after school and on weekends to practise in the lead up to the event. Make running fun and enjoyable by moving with family/friends or try taking a ball. Set achievable goals and gradually increase your running fitness by increasing distance in an enjoyable and manageable way.

### Tennis Clinics

Steve Storer continues to work his magic with our Grade 3/4 students each Tuesday/Wednesday in our one-hour Tennis sessions. Students are rapidly improving their hand-eye coordination racket control. Students can hit a ball back to their partner soft and slow. They have developed a deeper knowledge of forehand strike "Pizza Pizza" and backhand strike "Hide, Surprise." As students skills progress they are introduced to volley and rally games.

Thanks Steve, your commitment to the 'Classroom to Court' program has been fantastic. Students will visit the Nolan Street Courts on buses which is funded by Tennis Victoria. Keep up the good work kids!



## Foundation - 2 PE

This week in PE our Junior students continue to learn about turn taking and working cooperatively with a partner in their PMP rotations. I am astounded at the improvement of teamwork and partnership skills that students have already developed. Students working together to effectively solve movement challenges using increased verbal communication has been terrific to see in every class. Check out these photos of some of our 1/2 students!

*Alicia Smalley*

*Physical Education*

## FRESH FRUIT FRIDAY

**The free fresh fruit students receive on a Friday is proudly donated to the school by the following sponsor:**

Thanks so much to Lady Braves for coming to help distribute our yummy fresh fruit last Friday. We are very lucky to receive a delivery of free fresh fruit every Friday thanks to McKerns Steel.



## STUDENTS OF THE WEEK

### RESPECT

**Hugh S:** For staying on task and showing respectful listening skills despite distractions. Great job, Hugh!

**Lily H:** For being a very respectful classroom line leader when we left Chinese. Great job Lily!

**Axton B:** For using words to solve problems. Way to go Axton!

### CONFIDENCE

**Ryder G-B:** For terrific teamwork with his partner in Physical Education.

**Max L:** For terrific team work with his partner in Physical Education.

**Sara C:** For believing in herself and giving everything a go. Keep it up Sara!

**Ziana G:** For her confident approach to all aspects of her school life. I am so proud of you, Z!

### CARING

**Amelia S:** For being a caring and thoughtful member of our whole school community. Thank you, Amelia!

**Mila P:** For being such a kind and caring friend this week. Thanks for looking out for your classmates, Mila!

### TRUST

**Hayley B:** For responsibly taking on classroom roles.

**Hailie P:** For responsibly taking on classroom roles.

## LUNCH ORDER

### CHICKEN SCHNITZEL LUNCH ORDER FOR FRIDAY 24<sup>th</sup> MARCH 2023

**ORDER VIA OUR QKR APP!!!!**

by 9.00am Thursday 23<sup>rd</sup> March 2023.

**No late orders accepted.**

**Chicken Schnitzel with lettuce and mayonnaise in a roll \$4.70, Vegie Burger \$4.00**

Name..... Grade..... Schnitzel Roll..... Vegie Burger.....

Name..... Grade..... Schnitzel Roll..... Vegie Burger.....

Name..... Grade..... Schnitzel Roll..... Vegie Burger.....

**Total enclosed \$.....**

**Signed.....**